

WAAXDA CAAFIMAADKA COLUMBUS

TILMAANTA ADEEGYADA

**240 PARSONS AVENUE
COLUMBUS, OHIO 43215**

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www.cmhhealth.org



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TUSMO
[Pg. = Bogga]

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Language interpretation Services are available with all Health Services. See Health Department staff for assistance.

Waxaad heli kartaa in lagaaga tarjumo adeegyada caafimaadka oo dhan; arag qof u shaqeeya Waaxda Caafimaadka si uu arrintaa kaaga caawiyo.

Servicios de interpretacion son disponibles con los Servicios de Salud. Vea a un empleado del Departamento de Salud para asistencia.

"Magaalada Kolambas Waa daryeel-fidiye fursadeheeda loo Siman Yahay/EEO Employer"

WAAXDA CAAFIMAADKA COLUMBUS

ADEEGYADA CAAFIMAAD EE CARRUURTA

Barnaamijka si xun u isticmaalidda Daroogada iyo Aalkolada

Wuxuu bixiyaa adeegyo bukaan-socoto daweyn ah, kuwo wax ka qabasho ah iyo kuwo kale ka hortegidda six un u isticmaalidda daroogada iyo aalkolada ah. Adeegyada waxaa ka mid ah: daweyn takhasus leh oo loogu deeqayo raga, dumarka, iyo raga Afrikaanka-Ameerika ah oo kala leh noocyoo daryeel oo kala ah mid iska caadi ah iyo mid geeri-kala-dirir ah, iyo taageero iyo tacliin la siinayo carruurta ay galaafatay isticmaalka ay waalidkood isticmaalayeen daroogada. Khidmad kala sarraysa iyo Medicaid oo loogu talaggalay adeegyada la-tacaalidda bukaan-socotada.

Xog Guud

645-7306	Isniin – Khamiis	7:45am - 9:00pm
	Jimce	7:45am - 4:45pm
	Sabti	8:30am - 12:00pm

Lambarrada lagala xiriyo barnaamijyada khaaska ah:

645-6839 Barnaamijka Daweynta Bukaan-socodka

645-6256 Barnaamijka HAA (Taageerada iyo tacliiminta carruurta u dhexaysa 5-13 oo ay waxyeellada u keentay waalidkiis oo six un u isticmaala daroogada.

Rugta Caafimaadka Ilkaha

Daryee ilkaha aasaasiga ah oo la siiyo degganada Columbus. Ballan-Samaysi oo keliya. Khidmado kala badan. Barnaamij daboolaya ilkaha daweyntooda oo dugsiga la geeyo.

645-7487 8:00am - 4:30pm Isniin-Jimce
****Waa xiran tahay: 12:00pm - 1:00pm Isniin-Jimce****

Booqashada Guryaha –Haweenka Uurka leh, Hooyooyinka, iyo Carruurta

Kalkaaliyeaal caafimaadka bulshada ah, wasyeeyeyaal, iyo guri booqdayaal caadi ah ayaa hooyooyinka, dhallaanka iyo kuwa uurka leh u fidhiya adeegyo guri booqasho. Daryeel bixiye Igu Caawi in aan Koro – Agaasimidda Adeegga iyo Guri ku booqashada Ilmaha markaa dhashay. Shaqaaluhu waxay bixiyaan qiimayn dhinaca koritaanka iyo baaris; tacliin ku saabsan ciyaalka, mawduucyo ku saabsan carruurta iyo haweenka uurka le; ku xirid daryeellada caafimaad ee asaasiga ah iyo adeegyo bulsho oo kale oo loo baahan yahay; nasash daryeel iyo caawin.

645-8323 8:00am - 4:00pm Isniin - Jimce

Adeegyada Tallaalka (Tallaalka Carruurnimada iyo Qaangaadhka)

Waxay tallaal siisaa carruurta iyo qaangaarka ah. Carruurta ka yar 19 waxay qaadan doonaan tallaal qiime yar oo maamul ah. Medicaid & Caresource-ba waa la aqbalaa; cunugna looma diidi doono awood la'aan dhinaca lacagta ah. Tallaallada qaangaadhka waxaa loo bixiyaa in lagu daboolo baahida shaqaalaynta ama socdaalka ee qiimaha tallaalka. Looma baahna ballan. Isu-adeeg umadda ah iyo tacliiminba markii la codsadaba waa la heli karaa.

645-7945

Saacadaha Ballan la'aanta ee Rugta:

8:00am - 4:30pm	Isniin
11:00am - 6:30pm	Talaado
Waa xiran tahay	Arbaco
8:00am - 11:30am	Khamiis
8:00am - 4:30pm	Jimce
9:00am - 11:30am	
Sabtida 2aad ee bil kasta	

Rug tallaalada ayaa lagu qabtaa nawaaxiga degaanka oo dhan. Waa kala duwan yihiin saacadaha adeegga. Wac 645-7945 si aad u ogato meesha ay ku yaallaan goobta rugta.

Barnaamijka Ka-hortegidda Ku-sumowga Maaddada Leedh

Waxay bixisaabaaritaan leedh-ka ah oo carruurta iyo adeegyo dabaggal ah oo loo fidiyo carruurta leedhku aafeeyey waxayna bixisaa qiimayn bay'adeed iyo wax-ka-qabasho si loo baabi'yo uiskaar-warraanta leedh. Adeegyo tacliimineed iyo talobixinno ku saabsan ka hortegidda ku-sumowga leedhka iyaguna waa la heli karaa:

724-6000 7:45am - 4:45pm Isniin-Jimce

Daryeel Asaasi ah oo Caafimaad – Daaweyn Lacag la'aan ah

Waaxda Caafimaadka Columbus waxaa toddobaad waliba lagu qabtaa daryeel caafimaad oo asaasi ah oo lacag la'aan ah oo ay fidyaan dhakhaatiirta mutaddawiciinta ah ee

Xiriirkha Daaweynta ee Columbus. Daryeelka asaasi ah oo ballan la'aan lagu tago, oo loogu adeeg sidi loosoo kala horeeyey ah; waxayna tilmaamaan daryeellada khaaska ah. Galbaha/fiid-cawlka Isniinta ah oo keliya – Is diiwaan-gelintu waxay bilaabanaysaa 4:30pm.

240-7430 6:30 pm - 8:30 pm Isniinaha oo keliya

Daryeel Asaasiga ah ee Caafimaad – Xarumo Caafimaad

Xarumaha Caafimaadka Darsaasha Columbus, Inc. (CNHC)

(600 W. Spring St.)

Daryeel caafimaad oo asaasi ah da' kastaaba jire, oo ku yaalla siddeed meelood oo darisyada ah. Baxshaa shaybarid, la talin dhinaca nafaqada, EKG iyo adeegyo dhalmo xaddidid ah. La talin dhinaca aalkolaystennimada ayaa lagu heli karaa si tilmaan bixin ah. Daryeelka dhalliinka hortiis meel kastoo ka mid ah barahaas waa laga heli karaa. Daawo siinta macaamiisha ay dawadu u socoto. Ballan waa loo baahan yahay. Khidmado kala badan. Medicare, Medicaid iyo caymisba waa la aqbalaa.

Lambarka Tilifoonka Guud 645-5500

(Waxay xarumaha caafimaadku ku taxan yihiin -- bogga soo socda)
Xarumaha Caafimaadka CNHC:

Xarunta Caafimaadka ee Bariga dhexe, 1180 East Main Street	645-5535
Daryeelka Isha	645-5540
Xarunta Caafimaadka Hilltop, 2500 Sullivant Avenue	645-2300
Xarunta Caafimaadka dhinaca koofureed ee John R. Maloney, 1833 Parsons Avenue	645-3163
Xarunta Caafimaadka Saint Stephen's, 1500 East 17th Avenue.....	645-2700
Xarunta Waqooyi-Bari ee Columbus 3433 Agler Rd., Suite 2800.....	645-1600

Rugta TB-da (Qaaxada)

Waxay degganada Kawntiga Franklin iyo Columbus u fidisaa adeegyo baarid iyo daweyn oo qaaxada ah. Waxaa adeegyada ka mid ah: maqaar-baaridda PPD, u diritaanka raajito, la xiriirid baarid leh iyo dabaggal, la-tacaalid toos ah oo u fiirsi leh, iyo baraaruujin bulsho.

Jadwalka Baaridda Maqaarka TB:	8:00am - 3:00pm	Isniin
	11:00am - 3:00 pm	Talaado
	8:00am - 11:00am	Arbaco

Dib u buuxinta dawooyinka iyo u diritaanka raajaynta feeraha saacadahaas kore iyo kuwa soo socdaba waa la heli karaa:	8:00am - 11:00am	Khamiis
	8:00am - 3:00pm	Jimce

645-7310 – Farriin duuban oo Xogta & Saacadaha ah

645-2199 – Si aad ballan u qabsato

WIC (Barnaamijka Haweenka, Dhallaanka, iyo Carruurta)

Cuntooyin dheeri ah iyo tacliin dhinaca nafaqada ah oo loo fidyo haweenka uurka leh iyo kuwa nuujinaya, dhallaanka, iyo carruurta ilaa da'da 5. Dadka istaahila WIC waxay qaadan doonaan cuntooyin nafaqo leh (caano subag, qamadi, Juusyada miraha). Tacliin dhinaca nuujinta iyo la talinba way jiraan. Caanaha Foormalada carruurta ee hooyooyinka aan doonayn in ay nuujiyaan [way heli karaan]. Toddoba iyo tobant (17) goobood oo ku dhex yaalla Kawntiga Franklin. Wac oo ballan ka samayso meesha kuugu dhaw. Ballamo fiidkii/galabtii iyo Sabtidaba waa la heli karaa.

645-7280	7:30am - 5:00pm	Isniin- Khamiis
	7:30am - 11:30am	Jimce

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

ADEEGYADA CAAFIMAAD EE QAANGAARKA

Baaritaanka Kansarka Naasaha iyo Gudaha(Naas-cabbir & dhecaan baaris)

Iyadoo uu maalgeliyo Mashruuca Ohio ee Kansarka Naasaha iyo gudaha, adeegyo kala ah tacliin bilaash ah iyobaaritaan kansarka naasaha iyo gudaha ah ayaa la siiyaa haweenka u qalma oo 40 iyo ka badan jirka ah ee ku nool Degmooyinka Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, iyo Union . Adeegyada baaritaannada ah ayaa waxaa ka mid ah naas-cabbiraadda, dhecaan-qaadidda, naaso iyo misko-gumaarka oo uu baarayo daryeel-caafimaad bixiye, oo ku xiriira adeegyada daweynta. Daryeel carruurta iyo kaalmo gaadiid ayaa laga helaa Kawntiga Franklin.

645-1671 8:00am - 5:00pm Isniin-Jimce

Kooxda Gargaarka Bannaan-ku-daweynta Bulshada (COAT)

Barnaamijyo bilaash ah ooy bixinayaan isu-duwid caafimaad iyo adeegyo bulsho oo loo samaynayo haweenka uurka leh iyo dhallaankooda. Adeegyada waxaa ka mid ah shaybaarid xaamilada oo dibadda lagu sameeyo, bannaan-ku-dawen, guri-ku-boqasho, ku xirid daryeelka umulidda ka hor, carruur daweyn, iyo daryeel asaasi ah, ku xirid iyo u dirid adeegyada bulshada, ku caawin helitaanka Medicaid iyo galaagal xogta caafimaadka.

645-7068 8:00am - 4:30pm Isniin-Jimce

Rugta Caafimaadka ee Qiimaynta Waayeellada (777 High Street, Worthington, 43085)

Wuxuu bixiyaa qiimayn caafimaad, eegis waqtika-waqtii ah oo laga eego dhibaatooyinka jiitama, eegid caafimaadka lugaha ah, la-talin, beddelid iyo daboggal dadka 60 sano jira ama ka weyn. Deeqaha waa la aqbalayaa. Ballan qabsasho keliyaa lagu tagaa.

842-6320 9:00am - 1:00pm Talaado

Rugta Caafimaadka Galmada (HIV/AIDS iyo Cudurrada kale ee Galmada La isu Qaadsiyo)

645-7772	7:15am - 3:30pm	Isniin
	10:45am - 7:00 pm	Talaado
	7:15am - 12:00 pm	Arbaco

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

7:15am - 3:30 pm	Khamiis
7:15am - 3:30 pm	Jimce

Xog, aqoonsi cudur oo sir ah iyo daweyn cudurrada galmaada la isku qaadsiiyo (STDs). Barnaamijyo tacliin ah oo ku saabsan uur-qaadidda tobanleyda iyo ka hortegidd oo ah da'da u dhexaysa 13 – 19. U beddelid khayraadyada kale ee bulshada. Khidmado ayaa adeegga lagu qaadayaa. Medicare, Medicaid iyo CareSource waa la aqbalayaa. Khidmadda dadka aan caymis laheyn ay bixinayaani waa kala sarraynsaa. ID waa lagaa rabaa. Ballan lagaagama baahna in aad qabsato. Bukaanka aragtidooda waxaa lagu saleeyaa sidii loosoo kala horeeyey.

Fiiro Gaar ah: Meelo kale oo HIV lagu baaro ayaa waxaa lagu dhex qabtaa bulshada oo dhan. Saacaduhu waa kala duwan yihin. Soo wac si aad meelaha iyo saacadaha u ogaatid.

Adeegyada Caafimaad ee Dumarka

Waxay bixisaa adeegyo daryeel xaamillooyinka ah iyo haweenka oo dhan oo wax ku ool ah. Waxaa adeegyadaa bixiya dhakhaatiir, Kalkaaliyeyaa il-qaadaya, Kalkaaliyeyaa bulshada ku idman, wasteeyeyaa, nafaqyaqaano iyo shaqaale bannaan-ku daaweynta ah. Adeegyada waxaa ka mid ah daryeelka dhalmada ka hor, baarid oogada ah, shaybaarid, baaritaan kansarrada gudaha iyo naasaha, daweyn hurgunnada galmaada lagu kala qaado iyo qorshaynta qoyska. Adeegyada guud waxaa ka mid ah kala-talin aalkolada iyo daroogada, tacliinta carruur dhalidda, taageero dhinaca nuujinta ah, daweyn joojinta sigaar cabidda, iyo iska diiwaan-gelinta WIC iyo Medicaid. Ballanbaa loo baahan yahay. Medicaid/CareSource waa la aqbali. Khidmad kala duwan baad ka bixin daryeelka caafimaadka. Baaritaanka uurnimada waxaa lagu baxshaa ballan la'aan ama iska soo mar.

Goobaha ay Ruguhu ku Yaallijiin

Rugta Bari

240 Parsons Avenue

645-6424

8:00am - 4:15pm

Isniin, Khamiis, Jimce

(Waa xiran tahay 11:45am - 1:00pm Qado)

10:00am - 7:00pm

Talaado

(Waa xiran tahay: 2:00pm - 3:00pm Qado)

8:00am - 12:00 hergalkii

Arbaco

Rugta Waqooyi

1390 Cleveland Avenue, Suite 203

645-1968

8:00am - 4:15pm Isniin, Khamiis, Jimce

(Waa xiran tahay: 11:45am - 1:00pm Qado)

10:00am - 7:00pm

Talaado

(Closed: 2:00pm - 3:00pm for lunch)

8:00am - 12:00 hergalkii

Arbaco

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

ADEEGYADA CAAFIMAADKA BULSHADA

Qaniinyada Xayawaanka, Xayawaanka Halista ah, Xakamaynta Raabbiyada

Waxay jawaab ka bixisaa cabashooyinka qaniinyada xayawaanka, waxaanay bixisaa xog ku saabsan tallaalka raabbiyada iyo rugaha tallaalladaas laga helo.

645-6134 7:30am - 4:00pm Isniin-Jimce

Qiimayn iyo Kormeiris

Waxay bixisaa xog ku saabsan qiimayn lagu sameeyey halka uu markaa xaalka caafimaad ee bulshadu taagan yahay (tus. Geerida, habdhaqanka caafimaad, dhaawaca iwm.)

645-7766 7:45am - 4:30pm Isniin-Jimce

Shahaadooyinka Dhalasho iyo Dhimasho (Xisaabaadka Nolosha)

Wuxuu diiwaan geliyaa oo bixiyaa nuqullo tasdiiqsan oo ah shahaadooyinka dhalashada iyo kuwa dhimashada ee Kawntiga Franklin taasoo ay samaynteedu ka soo bilaabatay 1908. \$17.00 nuqul kasta oo tasdiiqsan. Adeeg isla maalintaa ah ayaa la helaa ilaa 4:15pm (codsiyada la keensado ka gadaal 4:15 waxaa laga hawlgalaa maalinta xigta.) Waxaa kale oo la heli karaa adeeg telefoon iyo mid faakis oo lagu isticmaalayo dheebit kaadh amaba karedhit kaadh (qiimo dheeraad ah). Codsiyada lagu sameeyo boostada waxay inta badan qaataan 12 – 14 beri. Foomka arjiga ayaa waxaa laga heli karayaan mareegta internetka.

www.cmhhealth.org.

**645-7331 8:00am - 4:30pm Isniin/Talaado/Khamiis/Jimce
 9:00am - 4:30pm Arbaco**

Khataraha Kiimiko iyo kuwa Duleed

U kuurgashaa talona ka bixisaa wasakhda halista leh iyo qaddiyadaha lagu maareeyo wasakhda caabuqa wadan kara. Barnaamijka, waxaa uu isagoo kula mataanaysan hay'aadka iyo meheradaha xaaladda degdegga ah ee maxalliga ah, u shaqeeyaa sida kooxda qorshaynta u diyaarsanaanta xaalad kiimiko ama duleed oo degdeg ah oo ka dhacda Kawntiga Franklin..

645-6275 7:45am - 4:45pm Isniin-Jimce

Kooxda Dib-u-Eegidda Geerida Carruurta

Waaxda Caafimaadka Columbus waxay hoggaanka u siddaa koox ka kooban hay'ado badan oo dib u eega geerida carruurta jirta ilaa 18, si ay u fahmaan sababta ay carruurtu u dhimato oo ay markaa u allifaan/unkaan tabo wax ku ool ah oo lagu yareeyo ama laguba baabi'yo geerida carruurta ee Kawntiga Franklin ka dhacda tiiyoo laga hortegi karo.

645-6583

9:00am - 4:00pm

Talaado-Khamiis

kooxda Jawaab-ka-Bixinta Caafimaad ee Beledweynaha ee Columbus (CMMRS)

Waaxda Caafimaadka Columbus waxay u tahay hay'adda hoggaamisa (CMMRS) ee u diyaarka ah xaaladaha caafimaad ee degdeggaa ah oo ku tacalluqa dhacdooyinka kiimikaad, bayooloji, raadiyooloji, nuclear iyo qaraxba. CMMRS-ta waxaa xubno ka ah sharci xoojiyeyaal, dab-demiska, fayadhawrka bulshada, cisbitaallada, dugsiyada, Laanqaydha Cas ee Maraykanka, kuwa caafimaadka maxkamadda, mayd-baaraha, iyo hay'aad kale oo maaraynta mashaqooyinka degdeggaa ku lug leh.

645-6736 / 645-7089

8:00am - 5:00pm

Isniin - Jimce

Habka Ka-xog-keenidda Cudurrada La is Qaadsiiyo

Waa mas'uuliyadda kuwa ka shaqeeya daryeellada caafimaad iyo shaybaarradaba in ay waaxaha maxalliga ah ee caafimaad u soo sheegaan wixii ay arkaan oo ah cudurrada la is qaadsiiyo sida uu sheegayo Xeerka Ohio ee Nakhtiimay 3701. Waaxda Caafimaadka Columbus iyo Guddiga Caafimaadka ee Kawntiga Franklin ayaa xooggooda isugu geeyey in ay soo sheegidda cudurradaa iyo xaaladahaa kaleba ka dhigaan kuwo aad u sahan oo sahalna loo isticmaali karo. **Adeeggani wuxuu gaar u yahay shaqaalaha daryeelka caafimaadka iyo shaybaarrada oo keliya.**

Daryeel bixiyeyaasha caafimaad ee doonaya in ay soo sheegaan cudur heerka A-1 ah waxay qofka arrintaa u taagan ka wici karaan at 645-6197. Lambarkani wuxuu soo wacaha u oggolanayaa in lagu xiro kalkaaliyaha Cudurrada La is-qaadsiiyo mar kasta oo maalinta ka mid ah.

719-8888

719-8889

(faakis) 719-8890

24 saac

Xakamaynta iyo La-socoshada Cudurrada La is Qaadsiiyo

Waxay hubisaabaaritaan habboon iyo dabaggal lagu sameeyo dhamaan cudurrada la is qaadsiiyo ee la soo sheego. Waxay qabataa kawar-hayn cudurrada la is qaadsiiyo; fulisaa tabo ka hor tegid ah; ka tacliimisa degganeyaasha cudurrada faafa; maaraysaa Cagaarshow-ga B ee umulidda ka dib waxaanay qabataa fasalka lixda saac ah ee looga baahan yahay kuwa carruurta u fidiya daryeelka maalmeed in ay qaataan. Dadka sida degdeggaa ah u doonayaa in ay soo tebiyaan cudur faafa oo heerka A-1 ah ama doonaya in

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

uu la hadlo kalkaaliye cudurrada faafa (CD) ah wuxuu ka soo wici karaa qofka arrintaa telefoonka u kor fadhiya 645-6197. Lambarkani wuxuu soo wacaha u oggolaanaya in lagu xiro kalkaaliye CD ah mar kasta oo maalinta ka mid ah.

645-1474 8:00 am - 4:30 pm Isniin- Jimce

Laynka Bulshada ee Xaq baad u Leedahay in aad Ogaato

Ilaalisaa xogna ka bixisaa kiimikooyinka lagu isticmaalo laguna xareeyo Columbus iyo Cawntiga Franklin.

645-6672/ 645-6275 7:00am - 3:30pm Isniin-Jimce

Shati u Goynta iyo badbaadada Cuntada

Waxay mas'uul ka tahay shati u goynta iyo baaritaanka hawlaha adeegyada cuntada iyo meelaha lagu tafaariiqeeyo cuntada. Waxay baartaa dhamaan cabashooyinka badbaadada cunnada iyo cudurrada cuntada laga qaado. Mas'uul waxay ka tahay baaritaanka dhismeyaasha waaweyn oo ay ku jiraan xabsiyada, cisbitaallada guryaha la deggan yahay iyo dugsiyada.

645-8191	7:45am - 4:45pm	Isniin-Jimce	Baaritaan/Cabashooyin
645-6191	7:45am - 4:45pm	Isniin-Jimce	Qorshe dib-u-eegid
645-6766	7:45am - 4:45pm	Isniin-Jimce	Cabashoyinka jirroyinka Cuntadu kento
645-7538	7:30am - 3:30pm	Isniin-Jimce	Khidmada shatiga/lacag bixin

Qorshaynta Caafimaad

Waxay hoggaan u tahay aqoonsashada qaddiyadaha caafimaad ee bulshada kuwooda horyaalka ah, qorshaynta caafimaadka, iyo horumarinta hagaajinta habka wadajira ee nidaaminta hawlaha caafimaadka.

645-6770 **8:30am - 5:30pm** **Isniin - Jimce**

Dardar-gelinta Caafimaadka

Waxay la shaqaysaa ururrada bulshada, habka dugsiyada iyo goobaha shaqada si ay u sahlaan wax-ka qabasho bulshadu sal u tahay oo loogu taloggalay in lagu dhiirriggeliyo hab-nololeed caafimaad qab ah oo la xiriira caafimaadka wadnaha. Waxay inta badan dadaalkan diiradda saaraa in ay dardar geliyaan hawlaha jirdhisqa ah ee badanku uu qabto iyo in si caafimaad ahaan micno leh wax loo cuno, iyo ka hortagga isticmalka tubaakada.

645-7213 **8:30am - 5:00pm** **Isniin-Jimce**

Barnaamijka Guryo Caafimaad Leh

Wuxuu bixiyaa talo iyo xog ku saabsan khataraha guriga ka dhex dhici kara ee lagana hor tegi karo, iyadoo diiradda la saarayo bololka iyo waxyaabaha kale ee neefta kicin kara.

645-3732/ 645-6226 **7:30am - 4:30pm** **Isniin-Jimce**

Barnaamijka Dugsiyo Caafimaad Leh

Hawlgalka Barnaamijka Dugsiyo Caafimaad lehu waa dadaal lagu doonayo in lagu xafido caafimaadka iyo badbaadada carruurta bulshada ee dugsiyada dhigata iyadoo la baabi'inayo khataraha ka dhex iman kara dugsiyada dhismayaashooda. Dugsiyada bulshada iyo kuwa gaarka loo leeyahay ee Columbus iyo Worthington waxaa la baaraa laba jeer sanadkiiba.

645-7005 **7:45am - 4:45pm** **Isniin-Jimce**

Barnaamijka Ka-hortegidda Dhaawaca

Wuxuu bixiyaa xog iyo adeegyo si loo yareeyo dhaawaca soo gaara carruurta, adeegyadaas oo ay ku jiraan: eegidda badbaadada dherabta gaariga carruurta lagu saaro, dherabyo qiimo jaban oo la siiyo ilmaha culayskoodu ka yar yahay 80 rodol oo ka yimid qoysaska u qalma; baaritaanka guryaha ilmaha lagu xannaanneeyo; qiiq-ka-colcolaadis degganeyaasha u qalma; iyo helmedyo baaskeellada. Hay'ad hoggaamisa oy u tahay Isbahaysiga Carruur Nabdoon ee Bartamaha Ohaayo. Si aad u eegto in aad u qalanto dherab rakhiis ah, wac **Khadka Ka-hortagga Dhaawaca.**

645-7748 Khadka gigan (Duubis – farrin dhaaf) 24 saac / Maalintii
645-6138 8:00am - 4:30pm Isniin-Jimce

Guryaha Guura iyo Baarkinnada ee La Sameeyey

Waxay shati iyo baaridba siisaa guryaha la sameeyey ee guura si ay u hubiso in loo hoggaansamay Xeerarka Gobolka Ohio.

645-1673 7:00am - 3:30pm Isniin-Jimce

Caafimaadka Laan-gaabka(Minority)

Waxay hoggaan u tahay in la waajaho baahida caafimaad ee dadka laan-gaabka qolo ahaan iyo jinsi ahaanba u ah. Waxay bixisaa bulsho tacliimin, gargaar-bannaan u bixin diin ku salaysan, iyo tas-hiilaad bulsho oo khuseeya qaddiyadaha caafimaad. Waxay agaasintaa adeegyada waaxeed ee tarjubaanidda ah iyo tababbarka kala-duwanaanshada.

645-7159 8:00am - 5:00pm Isniin-Jimce

Xakamaynta Kaneecada iyo Shilinta

Waxay qabataa hawlo lagula soconayo oo laguna xakamaynayo kaneecada si loo yareeyo dhacdooyinka cafimaad darro ee ay kaneecadu keento sida Saint Louis Encephalitis, LaCross Encephalitis iyo fayruuska West Nile. Waxay bixisaa baaritaanka berkadaha dabbaasha ee gaarka loo leeyahay si loo yareeyo in ay kaneecadu halkaa ku badato iyo khatarta hafashadaba. Waxay samaysaa ka war hayn shilinta si looga talobixiyo xakamaynta cawska oo talabbixintaa loo siiyo Waaxda Horumarinta. Waxay bixisaa xog iyo la talin ku saabsan adeegyada cayayaan-dileyaasha iyo xakamaynta dulinnada

645-BITE (2483) Khadka gigan ee Kaneecada 24 saac
645-8191 7:45am - 4:45pm Isniin-Jimce

Adeegyada Caafimaadka Derisyada

Adeegyada Caafimaadka Derisyada ee Qaybta Adeegga Caafimaadka Bulshada wuxuu ka kooban yahay Kalkaliyeaal Caafimaadka Bulshada ah, Wasteeyeyaa, iyo Gargaarayaal Caafimaad Guri oo aad ugu leh xirfad dheeraad ah qiimaynta baahida jireed, maskaxeed, iyo tacliineed, in ay aqoonsadaan fursadaha lagu hagaajin karo tayada noloshooda iyo

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

caafimaadkooda, iyo in ay shakhsiyadkaa ku xiriiriyaan hay'ado takhasus u leh hawshooda..

645-6450 -or-
645-6517

8:00am – 4:30pm

Isniin - Jimce

Hal-abuuridda Culayska (Xad-dhaafka ah)

Waxay bixisaa adeegyo la talin iyo tas-hiilaadba ah si ay wax uga qaadato abuuridda barnaamijyo bulshadu sal u tahay oo lagu dardar-geliyo miisaanka caafimaadka leh ee carruurta iyo qaangaarka waxaanay bixisaa xog ku saabsan khayraad iyo alaab muhiim ah.

645-7520

9:00am - 5:00pm

Isniin-Jimce

Xafiiska Qorsheynta Caafimaadka Bulshada

Kormeeraa diiwaangeliyana u hoggaansamidda jaangooyada caafimaadka bulsho ee gobolka waxaanu agaasimaa u saldhigidda cabbiraadaha wax-qabad ee mashaariicda waaxeed. Isudduwaa MAPP (Tallaabbo-Qaadidda isu duwideed ee Qorshaynta iyo Wada-shaqaynta lagu Gaaro) Mashruuc hogo-tusaalayn ah oo ku tacalluqa qabashada qiimayno bulsho iyo tas-hiilaad u fidinta qaybsiga bulshadu ay wadaagayso xogta fikirrada laga keenayo hagaajinta caafimaadka.

645-6751

7:45am - 4:45pm

Isniin-Jimce

Shati-U-goynta Barkadaha iyo Baariddooda

Waxay samaysaa shatiyaynta iyo baaridda barkadaha dad weynaha ee lagu dabbaasho iyo musqulaha qubayska ee iyagunaah kuwa dad weynaha, ceelasha biyaha ee gaarka loo leeyahay, nidaamka wasakh qaadidda ee babligga yara ah (ganacsigu ku jiro) iyo dhismooyinka wasakhda adag si loo xaqiijiyo in la dhawrayo xeerarka iyo shuruucda gobolka.

645-7538

7:45am - 4:45pm

Isniin-Jimce

645-8191

7:45am - 4:45pm

Isniin-Jimce

Khidmada shatiga/lacag bixin

**Hababka Wasakh-qaadidda a ee
Gaarka loo Leeyahay**

Mashruuca JECLOW(Jeclow Carruurteenna Tallaal Mar Hore)

Waa wadaag bulshada ah oo Columbus iyo Kawntiga Franklin Waaxahooda Caafimaadka, dhamaan cisbitaallada aagga bartamaha Ohioo, shaybaarrada Ross, Merck, Columbus Compact Corporation iyo NBC 4 ay ku wada jiraan, kuwaas oo u shaqaynaya in ay hubiyaan in dhamaan carruurta ku sugar Kawntiga Franklin ay tallaalan yihiin markay da'doodu gaarto 2.

645-6522

Xafiiska Agaasinka

645-6835

Xafiisyada Maamulka

645-1478

Isu-duwaha Diiwaan-gelinta

8:00am - 5:00pm

Isniin-Jimce

Baaridda Is-barabarynta (taatuu) iyo Beden Durashada

Baaritaan iyo shatiyayn dhamaan meelaha lagu sameeyo taatuu-ga iyo beden durashada.

645-6672 7:30 am - 3:30 am Isniin - Jimce

Fikir-ku Biirinta Tubaakada

Tas-hiilaad u fidisaa wajibaadka bulshadu sal u tahay oo lagu rabo in in laga hortago lana joojiyo isticmaalka tubaakada Columbus gudaheeda, sida la shaqaynta kooxaha bulshada, dugsiyada, kooxaha diinta ku salaysan iyo goobaha laga shaqeeyo si loo badiyo taxaddarka, barnaamijyada iyo khayraadka.

645-0743 8:30am - 5:30pm Isniin-Jimce

ADEEGYADA KALE

Barnaamijka Caawinta Shaqaalaha Magaalada Columbus

Waxay siisaa Shaqaalaha magaalada iyo xubnaha qoysaskooda oo ay soo wajahday dhibaato shakhsii adeegyo la talin iyo xog ah. Waxay bixisaa tababar iyo tacliimin ku saabsan mawduucyo kala duwan.

**645-6894 8:00am - 5:00 pm Isniin-Jimce
Waqtiyada kale ballan samayso**

Arrimaha Bulshada iyo Xiriirkha Caafimaadka

Waxay xog caafimaad siisaa saxaafadda gudaha iyo bulsadaba. Waxay u soo saartaa Caafimaadkaaga (Your Health) idaacadda kaybalka ah ee la iska irko ee GTC-3.

645-6928 7:30am - 5:00pm Isniin-Jimce

Khayraadka Aadamiga (Waaxda Shaqaalaha)

Waxay mas'uul ka tahay qoridda iyo taageeridda shaqaalaha Waaxda Caafimaadka.

**645-6046 7:30am - 4:30pm Isniin-Jimce Xog
645-6568 8:00am - 5:00pm Isniin-Jimce Caddayn Shaqaalennimo
645-7667 24 Hours Isniin-Jimce Khadka shaqaalaha dawladda**

Nabdoonaanta iyo Caafimaadka Goob-shaqt

Waxay kormeerid shaqt siisaa shaqaalaha Magaalada Columbus sida ay ugu baahdaan.

Waxay bixisaa barnaamijyo maqal, tallaallo shaqada la xiriira, imtixaanno la xiriira in uu qofku shaqada tahli karayo, imtixaanno ka horreeya shaqada, iyo dabaggal gaar ah oo loo sameeyo kormeerka imtixaannada.

645-3278 7:15am - 3:30pm Isniin-Jimce

Barnaamijyada aan Liis-garaysnayn:

645-7417 (Farriin duuban) 7:45am - 4:45pm Isniin-Jimce

Haddaad ka soo wacaysid taleefanada la wareejiyo, khadka ku jir, deed shaqeeye ayaa loo sii gudbinayaa wiciddaada.

Haddaad ka soo wacaysid kan la gujiyo, mar kasta ayaad riixi kartaa lambarka habboon:

2 Shatiyaynta Cuntada, Baraagaha ama bulaacadaha, cabashooyinka cunnada; Qaniinyada Xayawaanka; Kaneecada;

Ilaalinta Biyaha iyo Khataraha Kiimikaad

3 Tallaalka Carruurta Dugsiyada, tallaalka xumadda (flu), ama diiwaanka tallaallada

4 Shahaadada Dhalashada ama Dhimashada

5 Adeegyada Caafimaadka Galmada

(Waxay ka sii socon bogga xiga)

6 WIC – Barnaamijka Cuntada Dheeriga ah ee Haweenka, Dhallaanka, iyo Carruurta

7 Kalkalinka iyo Adeegyada Guri Booqashada

0 Telefoon qabte – [La weydiin karo] Barnaamijyada ama xogta aan halkan ku taxnayn

645-7041(TDD)

7:45am - 4:45pm

Isniin-Jimce

645-7633(Faakis)

24 Saac

7 beri isbuucii

*****Saacadaha rugta caafimaadka iyo waaxda caafimaadkuba waa ay is beddeli karaan.
Fadlan hore u soo wac.*****

(Tilmaamaha lagu tago 240 Parsons Ave. –bogga xiga ka eeg.)

TILMAAMAH A LAGU TAGO:

Waaxda Caafimaadka Columbus

240 Parsons Avenue

Columbus, OH 43215

TILIFOON: 614/645-6447

Waxaan ku naal waddada Parsons Avenue oo dhinaca Bariga jidka Main, inta u dhaxaysa Main iyo East Broad, wax yar uun ka bari magaalada hoose. (Main iyo Broad-ba waa laga geli karaa I-71-ka Koofurta u socda; Broad Street keliyaa lagu geli karaa I-71-ka Waqooyiga u socda.) Martidu waxay gaadiidka dhigataa dhismaha dhabarkiisa oo dusha kore ee meesha gaadiidka la dhigto ah.

Haddaad ka imanaysid Bari, Galbeed, ama Koofurta Gudaha-beledka: I-71 N qaado oo ku bax E. Broad St; midig ula leexo Broad (bari); markaad joogto nalka xiga (Parsons Avenue). Soco ilaa

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

nalka 2aad (Bryden Rd/Town St.) oo gal laynka 2aad ee bidixe. Raac dhinaca Waqooyi ee dhismaha oo gadaal ku aad oo gaariga dhigo qaybta sare ee meesha gaadiidka la dhigto. Illinka loobbiga dhexe wuxuuba ku yaallaa baarkinka qarkiisa. Arag Miiska Xogta si aad u weydiisatid qolka ama kiliinigga gaarka ah eed ku socoto.

Haddaad ka imanaysid Waqooyiga gudaha Magaalada: I-71 S ka qaado E. Broad St.; bidix ula geddoon Broad (bari)- midig ula leexo Broad (bari); markaad joogto nalka xiga (Parsons Avenue). Soco ilaa nalka 2aad (Bryden Rd/Town St.) oo gal laynka 2aad ee bidixe. Raac dhinaca Waqooyi ee dhismaha oo gadaal ku aad oo gaariga dhigo qaybta sare ee meesha gaadiidka la dhigto. Illinka loobbiga dhexe wuxuuba ku yaallaa baarkinka qarkiisa. Arag Miiska Xogta si aad u weydiisatid qolka ama kiliinigga gaarka ah eed ku socoto.

Haddaad ka imanaysid Gegida Dayuuradaha ee Kolambas: I-670 West ka sii qaado 71S; deeto qaado bixidda 1aad – waa Broad Street-e; bidix ugu leexo Broad Street (Isticmaal jidka dhexe ama raamka). Midig ugu leexo nalka xiga - Parsons Avenue. Soco ilaa 2 nal (Oak Street & Bryden Rd./Town St.) Raac dhinaca Waqooyi ee dhismaha oo gadaal ku aad oo gaariga dhigo qaybta sare ee meesha gaadiidka la dhigto. Illinka loobbiga dhexe wuxuuba ku yaallaa baarkinka qarkiisa. Arag Miiska Xogta si aad u weydiisatid qolka ama kiliinigga gaarka ah eed ku socoto.